

Comprehensive Standard Dialectical Behavioural Therapy for Adolescents and Young Adults Practica

Practicum placements for Master's and PhD students completing their doctorate in clinical psychology or clinical/counselling psychology (including EdD). Comprehensive Standard Dialectical Behaviour Therapy program for adolescents and young adults, and their parents.

About Us

Sageview Health is a large group psychology practice that offers comprehensive assessment, treatment and consultation services for adults, seniors, children, adolescents, couples, and families. We foster a culture of excellence with a focus on ethical and evidence-based practice that meets the needs of the very diverse community we serve. Our goal is to empower people to overcome challenges and lead a rich, full, and meaningful life.

Details

Number of Placements Available	<ul style="list-style-type: none"> • 2 (In Person or Hybrid)
Amount & Type of Supervision	<ul style="list-style-type: none"> • 1.5 hours of weekly supervision with a registered psychologist on the DBT team • Supervision can be virtual, in-person, or a mix • Learners can expect a developmental approach, to be adapted based on skill level. This may take the form of in-room observation/shadowing, video/audio recordings, and/or reports from the learner in supervision. • Weekly involvement in our DBT consultation team where DBT-specific support is provided • As part of our broader practice, clinicians participate in bi-weekly clinical rounds where we discuss ethical issues and challenging cases. • All new learners will be asked to engage in a week-long training period where they will learn how to provide comprehensive DBT clinical services, including:

	<ul style="list-style-type: none"> ○ Format of individual sessions, commitment strategies, DBT skills, and suicide/self-harm risk assessment and management. ○ Additional training as indicated/needed
Client Age Range	<ul style="list-style-type: none"> ● Ages 13 – 18 (adolescent) and 18 – 25 (young adult); parents may also be included at times (if of interest to learner).
Typical Presenting Concerns	<ul style="list-style-type: none"> ● Within the DBT program, common presenting concerns include borderline personality disorder (BPD), suicidality, self-harm behavior, post-traumatic stress disorder (PTSD), disordered eating, anxiety, depression ● Options to conduct assessment and treatment for child, adolescent, and adult clients outside of the DBT program are also available, depending on learner interests and experience. See descriptions for the Child/Youth Assessment and Treatment Stream and the Adult Treatment Stream for information about clientele, and assessment and treatment opportunities outside of the DBT Stream.
Treatment Modalities	<ul style="list-style-type: none"> ● Comprehensive Standard DBT, which includes: <ul style="list-style-type: none"> ○ Teaching DBT skills group ○ Delivering manual-based DBT for individual clients ○ Engaging in phone skills coaching ○ Participating in a DBT consultation team. ● Other therapeutic approaches for clients in later stages of the DBT program often include CBT, ACT, trauma-focused CBT, CPT, PE.
Typical Assessment	<ul style="list-style-type: none"> ● Comprehensive Diagnostic Assessment ● Risk Assessment ● Safety Planning
Common Assessment Tools	<ul style="list-style-type: none"> ● Structured Clinical Interview for DSM-5 (SCID) ● Borderline Symptom List 23 (BSL-23) ● Patient Health Questionnaire (PHQ-9 & PHQ-A) ● Ways of Coping Checklist (WCCL) ● Reasons for Living Scale ● Linehan Risk Assessment and Management Protocol (LRAMP) ● Additional symptom measures, as needed.
Professional Development	<ul style="list-style-type: none"> ● Students will be involved in the consultation team which provides professional support, clinical consultation, and “therapy for the therapist.” Our DBT consultation team currently includes five intensively trained therapists with diverse backgrounds and clinical experience, offering

students a rich and varied professional development experience.

- Students will be provided with training opportunities tailored to their client needs and their own interests. For example, our DBT team provides family information sessions and seminars in the community. Student involvement in these presentations is welcomed.
- As a DBT team, we also engage in regular training and consultation to improve our skills (e.g., training on RoDBT, consultation with provider working with eating disorders) which students will be invited to join.
- Bi-weekly research and clinical practice rounds hosted by Sageview Health from internal and external speakers on evidence-based interventions, assessment, and psychotherapy. Learners have the opportunity to present as part of these rounds during their practicum placement if they wish.

Nature of Consultation with Other Healthcare Providers

- Consultation team meetings provide opportunities to consult with and gain support from DBT team members, including psychologists, psychotherapists and social workers
- Consultation with outside providers will be conducted as needed (e.g., consulting around eating disorder behaviour)

Skills To Be Gained Through Placement

- Assessment of complex clinical presentations, including personality disorders, PTSD, and suicidal and self-harm risk.
- Differential diagnosis to determine appropriateness for the DBT program.
- Suicide risk assessment and management.
- Learn to provide phone coaching with appropriate boundaries for individual clients.
- Learn principles of individual DBT and how to apply those principles to fidelity in session.
- Teach DBT skills group to adolescents and their parents (multi-family), young adults (18-25), or both.
- Provide DBT-informed support for parents.
- Participate fully in DBT consultation team, providing support and consultation for other clinicians.
- Exposure to a diverse client base.

Application Deadline

- Same as deadline set by the GTA practicum committee, though rolling admissions may be considered on a case-by-case basis.

Application Materials	<ul style="list-style-type: none">• Unofficial transcripts from graduate school• Two letters of reference (sent from referees to practicum@sageviewhealth.ca)• 1 page letter of interest, including training goals and objectives for the prospective practicum• Curriculum vitae (CV)• On-site or virtual interview
Applicant Requirements	<ul style="list-style-type: none">• 1-2 psychotherapy practicum placements, preferably including some CBT and diagnostic assessment, and with the use formalized measures (e.g., SCID).• Passion and interest in working with clients who have more complex presentations and are potentially at risk for suicide.• Experience with third-wave CBTs (ACT, mindfulness-based CBT), trauma treatment (trauma focused CBT, CPT, PE) and/or parenting therapy (EFFT, Behavioral Parenting) is considered an asset.

Supervisors

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Contact Details

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